

# Information for Employees Hired on or after March 1, 2012

## How to Earn a Premium Discount through the HealthQuest Rewards Program

Employees enrolling in the medical portion of the State Employee Health Plan (SEHP) have an opportunity to earn credits by participating in wellness activities. To promote participation, an incentive discount is available for employees who complete the HealthQuest Rewards Program requirements. Employees who participate can secure a discount on their health insurance premiums equal to \$40/month (or \$480/year)! Employees hired on or after March 1, 2012, automatically begin receiving the discount but must complete certain requirements outlined below to maintain the discount:

Hire Date	Earning Period for 2013 Discount 10/1/11 – 7/31/12	Earning Period for 2014 Discount 8/1/12 – 7/31/13
Hired between 3/1/12 & 4/30/12	Must complete Health Assessment Questionnaire by 7/31/12 to receive discount for 2012 and 2013	Must complete Health Assessment Questionnaire and earn 20 additional credits
Hired between 5/1/12 & 7/31/12	Must complete Health Assessment Questionnaire (within 90 days of hire) to receive discount for 2012 and 2013	Must complete Health Assessment Questionnaire and earn 20 additional credits
Hired between 8/1/12 & 12/31/12	Automatically receive discount for remainder of 2012 and 2013 – but need to start earning credits for 2014	Must complete Health Assessment Questionnaire and earn 20 additional credits

Credits are tracked on the wellness portal at <http://www.kansashealthquest.com>. Each new employee will need to open an account on the wellness portal after their coverage effective date. Step by step instructions on how to open an account and full program details are available on the HealthQuest website at <http://www.kdheks.gov/hcf/healthquest>. Employees may select from a wide variety of online, telephonic and in-person programs to earn credits as shown in the chart below. **Access HealthQuest programs toll-free at 1-888-275-1205.**

Activities to Earn Credits Earning Period: August 1, 2012 – July 31, 2013	Credit Value	Credit Max
Health Assessment Questionnaire - <b>REQUIRED</b> (online/paper)	10	10
Non-Tobacco User Declaration (online)	10	10
Tobacco Cessation Program Completion (telephonic)	10	10
Condition Management - Enrollment + 3 calls (telephonic)	10	10
Health Coaching - 8 Interactions + survey (telephonic, email, IM chat)	10	10
Health Advisor Call (telephonic)	5	5
Healthy Living Programs (online)	5	15
Wellness Challenges (online)	5	20
Preventive Exam - Well-Woman/Well-Man (in-person/self-reported)	5	5
Preventive Exams - 2 Dental/Year (in-person/self-reported)	5	10
Preventive Exam - 1 Vision/Year (in-person/self-reported)	5	5
Agency Training Classes (in-person/self-reported)	5	15
Online Monthly Seminars (online)	2	6
Conversations (online)	2	6
Health & Fitness Activities (in-person, online, telephonic/self-reported)	2	6
<b>Total Credits Possible = 149</b>		
<b>Total Credits Required = 30</b>		

Participation in HealthQuest programs is always voluntary and strictly confidential. HealthQuest has contracted with Alere for health and wellness services provided under this program. Alere is a HIPAA compliant vendor.

## Biometric Screening

HealthQuest offers three ways you can obtain your biometric numbers:

1. **Attend one free onsite biometric screening** – events are offered in many locations statewide.
2. **Use biometric results from your personal physician** – one preventive exam per calendar year is covered in full (no co-pay). Test results from visits occurring between August 1, 2012, and July 31, 2013 may be used. A form is available to capture the needed test information at <http://www.kdheks.gov/hcf/healthquest/screening.html>.
3. **Order an at-home screening kit** – available to employees who do not have access to a health screening event in their area. The at-home test kit does not include results for blood pressure, height, weight and waist circumference.

## Health Assessment Questionnaire– **Required For Premium Discount** (10 Credits)

Using your biometric results, complete an online health assessment questionnaire on the wellness portal to receive valuable health information and a personal health improvement plan.

## Non-Tobacco User Declaration (10 Credits)

Employees who do not use tobacco products can make a "Non-Tobacco User" declaration between August 1, 2012, and July 31, 2013, by completing the self-report form for non-tobacco use on the wellness portal.

## Tobacco Cessation (10 Credits)

Work with expert quit coaches by telephone to develop a personal quit plan. Receive an 8-week supply of nicotine patches or gum (if appropriate). A total of 5 telephonic discussions with a quit coach must be completed by July 31, 2013, to earn credit for the program.

## Condition Management (10 Credits)

Condition management programs are offered to those who have been diagnosed with or receive treatment for the following: Asthma, Chronic Obstructive Pulmonary Disease, Coronary Artery Disease, Diabetes or Heart Failure.

## Health Coaching (10 Credits)

Work with a personal health coach by telephone, email or IM chat for tools, motivation and support to lose weight, be more active, ease stress, eat healthier foods, gain energy, etc. A total of eight (two-way) interactions with your health coach plus completion of a survey within six months of enrollment is required to earn credit.

## Health Advisor Call (5 Credits)

After completing the health assessment questionnaire, you may call the Health Advisor service to help you better understand your personal risk factors and learn what resources are available to help you achieve your goals.

## Healthy Living Programs (5 Credits Each/15 Credits Max)

There are 13 interactive online Healthy Living Programs accessible on the wellness portal. You may participate in only one of these programs at a time. Each program takes a minimum of six weeks to complete.

## Wellness Challenges (5 Credits Each)

Wellness challenges provide opportunities to practice healthy behaviors. Challenges are offered periodically and can only be accessed on the portal where participants track their progress daily or weekly.

## Preventive Exams (5 Credits Each/20 Credits Max)

These include the Well Woman/Well Man, dental and vision exams. To earn credits, log on to the wellness portal and click on "Self-Report Forms" from the left menu. Exams between August 1, 2012 and July 31, 2013 will be accepted.

## Agency Training Classes (5 Credits Each/15 Credits Max)

Employees may earn credits by completing special training courses offered by their agency. A list of approved classes is periodically updated and can be found at <http://www.kdheks.gov/hcf/healthquest/creditoptions.htm>.

## Online Monthly Seminars (2 Credits Each/6 Credits Max)

A new seminar topic with steps for living a healthier lifestyle is available each month on the wellness portal.

## Conversations (2 Credits Each/6 Credits Max)

Have a virtual "conversation" and answer a few simple questions to get personalized advice on important health topics.

## Health & Fitness Activities (2 Credits Each/6 Credits Max)

These are self-reported wellness activities you can earn credits for. Examples include:

- Weight loss programs
- Fitness events
- Wellness lunch and learns
- Wellness seminars
- Job safety training
- Employee Assistance Program (EAP) participation
- Nurse line program participation

To earn credits, log on to the wellness portal and click on "Self-Report Forms" from the left menu.